

AUGUST 2014

Better
Homes
and Gardens

AS
SEEN
ON

your modern classic

Renew the hub of your home with a swish makeover



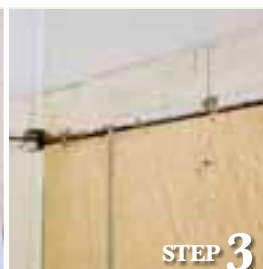
Fast forward a few weeks and this could be your sparkling new kitchen! It's easy to paint, tile and flat pack your way to spectacular results. We tore up the green carpet and filled in a doorway to produce a fresh new feel, then installed two new floors and a sweet breakfast table. Any of these elements makes for a fab mini project you can easily re-create at your place, so you don't even need to do a complete reno.

1. When space is hard to come by, a folding table is a welcome addition. This nifty make has an upturn that can be fixed to the window architraves.

2. A selection of materials in neutral tones (and no more kitchen carpet!) allows this space to be transformed into a timeless, sleek area.



steps



THE DEMOLITION

Gather your supplies

PPE gear to protect against dust and gloves for nails; pinch bar; hammer; utility knife; rubbish disposal (hired)

Here's how

STEP 1 To rip out the old kitchen, first have an electrician make safe any power that is in the kitchen so you don't accidentally touch live wiring. Also have a plumber/gasfitter disconnect the water and waste as well as gas if connected. Remove all the contents of the kitchen you intend on re-using and store them securely out of the way. To remove the sink, undo the nuts connecting the water to

the taps, and undo the large ring nut that connects the S-trap to the waste pipe. Undo screws and clips on underside, then pull out the sink. You may be able to re-use or sell it.

STEP 2 Undo the screws that hold the benchtop to the carcasses and pull out. Then start ripping out the kitchen, basically in the reverse order in which it was built. If nothing is to be kept you can just lean on doors and break them off. All you need is pieces that you can get out the door.

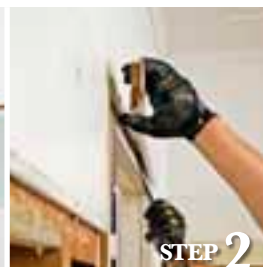
STEP 3 In all this you may expose some old asbestos in walls. It may even be prefinished asbestos cement

sheet from a previous era. This is just about inevitable in older homes, so be careful not to break it. As you expose it, spray it with a PVA solution to bind any loose fibres and, once all is clear, have a professional service remove the materials so you have a clean space.

STEP 4 Rip up the old flooring (here, carpet). Start in 1 corner and just pull up. As you pull it up, cut it into strips that you can easily get out of the house and into a skip. With the carpet and underlay gone, methodically go around the room and remove any edge grip strips, nails or staples used to hold the carpet down.



steps



FILL-IN DOORWAY AND RE-LINE WALLS

Gather your supplies

Framing timber to match existing timber (seasoned so it does not shrink); 2400 x 1200 x 10mm plasterboard sheets; wall-stud adhesive; plasterboard nails or screws; self-adhesive mesh jointing tape; joint compound; 150 and 300mm broad knives; indoor paint; paintbrush; roller with pole extension

Here's how

STEP 1 Remove the bottom 1800mm or so of old fibrous plaster linings on wall with door that is to be filled in, as they are thicker

than standard plasterboard and, with the change in kitchen layout, electrics, gas and plumbing need to be moved anyway. Start by prising off, then pull off the whole sheets. They were often larger than modern plasterboard.

STEP 2 With the power still disconnected, prise off the architraves around the doorway from both sides. If not putting them straight into a skip, bend over the nails so you do not accidentally step on them.

STEP 3 Remove the jamb linings. As they are nailed together from the top, cut through the upright and prise off the bottom. Then remove the top

steps

Fill-in doorway
and re-line walls



STEP 4



STEP 5



STEP 6



STEP 7



STEP 8



STEP 9



STEP 10



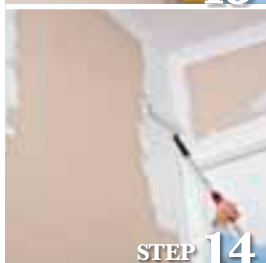
STEP 11



STEP 12



STEP 13



STEP 14

section complete with the head, which should not be fixed to the house framing.

STEP 4 So that you have a clean joint along whole wall, use a long level and a helper to mark a horizontal line along wall at door height (say 2100mm from floor).

STEP 5 Using a plaster saw or multi tool, cut the old plaster along the line. However, if there is any chance that this material is asbestos, have licensed professionals remove all of the wall lining. Do not cut it.

STEP 6 Install new framing for the doorway by first installing a bottom plate across the opening. Make sure it is on a secure base such as well supported floor, not on tiles or carpet.

STEP 7 Install new studs. In this case the new plasterboard sheets will be installed vertically, so organise studs to coincide with position of plasterboard joints (1200mm). This helps minimise plasterboard joints.

STEP 8 Install noggings between the studs to help stop them twisting. Also use blocking to ensure that plasterboard joints that cannot coincide with studs will be supported from behind. Have licensed tradespeople rough in gas, power and plumbing in walls so they will be hidden by the wall linings.

STEP 9 Mark the position of all the studs on the floor and the wall or cornice above the unlined area so you know where they are when putting up the sheets. Then cut plasterboard sheets to suit the height of the wall. Apply 'walnuts' of stud adhesive to the studs in positions where you are not going to screw.

STEP 10 Bring in plasterboard sheets and screw them in place with plasterboard screws. There should be a 10mm gap between floor and sheets. The screws have a bugle head designed not to cut the paper face of the sheet as they are driven home. Continue adding sheets until wall is covered. Also drive screws through old lining to ensure it is firmly held at each stud.

STEP 11 With the sheets up, tape the joints with self-adhesive mesh jointing tape worked into the recessed edges of the sheets. Also tape along join between old and new linings.

STEP 12 Using plasterboard joint compound, fill the joint. It is recessed between new sheets to take the tape and compound. Work your way down the joint using 150mm broad knife. Don't worry if the joint is not perfect as there will be another 2 coats of compound over the top once the previous 1 is finished with wider broad knives for a perfect flush finish. Do not be tempted to over-fill in the hope of sanding smooth – it is rarely effective and also slow to do and sand.

STEP 13 Paint all the walls including the adjacent room with which the kitchen will share light (we used Dulux Vivid White). Using brush, cut in around edges.

STEP 14 Paint the surface of the walls using roller and pole extension so you do not have to work from ladders. Apply 2 or 3 coats, allowing to dry between.



steps

Kitchen vinyl floor



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6



STEP 7

FLOORING

With the kitchen removed you have the ideal time to replace the floor. While the area adjacent to the kitchen is covered with a floating floor, this is not suitable for the kitchen itself, as water could get through joints and damage the flooring. Self-adhesive vinyl strips on a new plywood underlay give a soft and stylish look.

Kitchen vinyl floor

The kitchen floor is covered with Gerflor Lamé Vinyl planks. These are self-adhesive strips, 914 x 152mm in size and suitable for indoor wet and dry areas. Each pack will cover 2.2m².

Gather your supplies

3mm plywood sheets (used as underlay); water-based quick gripping flooring adhesive; underlay nails or galvanised flat head nails; vinyl laminate planks (we used Gerflor Lamé Vinyl planks in Blacktech)

Here's how

STEP 1 Clean all the bumps off the kitchen floor including remains of old vinyl tiles. This is often easiest using a sharpened spade. Pull out any old staples or nails so the floor is essentially flat. Vacuum thoroughly, then spread water-based flooring adhesive using a 4 or 6mm notched trowel to achieve an even thickness of adhesive.

STEP 2 Bring in the ply underlay sheets to even out the floor and to ensure that over time the outline of the floorboard joints will not show through the vinyl floor. Cut around any pipes or power cables, as well as around skirting, door entrances and architraves.

STEP 3 Nail down the sheets at 150mm intervals around the perimeter and through the centre, making sure nail heads are bedded below surface of the plywood. If not using glue, you

must use underlay nails, which are annulated so they resist pulling out.

STEP 4 Keep adding more sheets until the floor is covered. Leave a 1-2mm gap between sheets and stagger the joints. Sweep the floor thoroughly again and also vacuum.

STEP 5 Choose the direction the vinyl planks are to run – in this case along the long dimension of the room. Also decide which planks are the most important to get straight as not all rooms necessarily have parallel walls. Here the first full strip will go down at the top of the step. It's important that this be a full plank rather than a small piece, which would be easy to dislodge. The vinyl also has arrows on the back, which means that all strips should be laid with the arrows going in the same direction so the grain and sheen look consistent. Measure and cut around the architrave. Remove backing, align and adhere plank to floor.

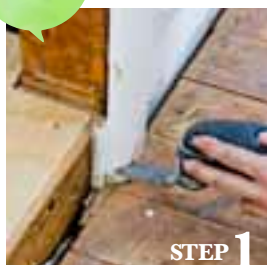
STEP 6 These floors look best if end joints are not in line. Stagger them by at least 200mm but the staggers can themselves be random. You only need to cut the first plank of a run, making sure you check the arrows on the back so you cut the right end. Cut along a square using a utility knife. Only cut the first and last plank of a staggered run, the others are all full planks. Do not cut tiles in middle of the room as cut edges are never as accurate as factory edges.

STEP 7 Keep laying planks working out from a corner, staggering joints as you go and cutting around doors and making straight cuts at the far wall.



steps

Sunroom floating floor



STEP 1



STEP 6



STEP 2



STEP 7



STEP 3



STEP 8



STEP 4



STEP 9



STEP 5

Sunroom floating floor

While you should not use a floating laminate floor in wet areas, it is ideal for the adjacent sunroom, which receives occasional spillages. They are easy to install and really do float on a layer of soft underlay.

Gather your supplies

- Roberts Lamalay Gold underlay
- Tarkett Polaris 8mm Laminate Flooring in Dark Mist Walnut

You'll also need

Multi tool; cutting knife; power saw; rubber mallet; tape; cleaning tools; construction adhesive

Here's how

STEP 1 These floors are best laid by first removing skirting boards. This allows for expansion and contraction around perimeter of floor, which will then be hidden by skirtings. Rather than cutting around architraves, using electric multi tool, cut a sliver off bottom of architraves so underlay and flooring can slip underneath. Sweep and vacuum floor.

STEP 2 Roll out underlay and cut slightly long. Make sure foil edge is clear of underlay, then roll out next piece parallel, with its edge butting foam and foil underneath. Stick together using provided adhesive strip.

STEP 3 Trim underlay to walls of room. It doesn't need to be super accurate, since underlay will be covered by flooring.

STEP 4 With tongue facing out, put first flooring piece on underlay along 1 wall. Don't worry too much about aligning at this point – the floor can be pushed into place once the first few boards are connected. Bring in a second board and clip to 1 end. Keep adding boards for first row.

STEP 5 Before starting next row, using power saw along a square, cut first board at the end, so you can stagger joints, then push in

place. The profile is designed to go in at a slight angle and, when pushed down, they will click together.

STEP 6 With each board clicked to previous row, push along to click to end of adjacent board. Take an offcut of board that fits profile of board end and, using rubber mallet, tap offcut against board end to achieve a tight joint. Once you have a few rows down, push in place so you have an approximate 10mm gap around perimeter of floor.

STEP 7 Chances are you will need to rip the final boards to width. Do this using a fence attached to your saw, or by drawing a straight line and cutting by eye (the cut will be covered by a skirting board).

STEP 8 Replace skirting and nail to bottom plate of wall framing. In full brick houses, you will need to plug walls in order to nail skirting, or simply glue skirting in place with construction adhesive.

STEP 9 Where there is a step up, as here, cut a piece of flooring to suit height and, using construction adhesive, glue in place. Finish top edge where end grain is visible with an anodised aluminium cover strip. Hold in place with tape until glue completely dries.



steps

Fold-up table



STEP 1



STEP 6



STEP 2



STEP 7



STEP 3



STEP 8



STEP 4



STEP 9



STEP 5



STEP 10

FOLD-UP TABLE

If you have little room but want more bench or table space, a folding table will give you the flat surfaces you need when you need them, but also the floor space with the table is folded away. This table has an upturn so that it can be fixed to the window architraves rather than through an asbestos cement wall.

Gather your supplies

- Legs (3) 70 x 35 x 720mm pine
- Long rails (2) 70 x 35 x 800mm pine
- Short rails (2) 70 x 35 x 620mm pine
- Short leg 70 x 35 x 520mm pine
- Mounting upturn 900 x 30 x 190mm laminated pine
- Mounting top 900 x 30 x 170mm laminated pine
- Folding top 900 x 30 x 700mm laminated pine

You'll also need

Power saw; hammer; chisel; PVA; 30mm screws; 65mm brass hinges (2); straightedge; Cabot's Stain and Varnish in Marita Grey; fine grit sandpaper; 100mm brass hinges and screws (2); drop sheet; stop block made from 90 x 90 x 30mm pine offcut

Here's how

To make leg assemblies

STEP 1 Cut all pieces for legs, rails and short leg, then mark in a 70 x 17.5mm-deep housing at each end of all rails and short leg. On long legs, mark in housings, 200mm from bottom and at top. Set power saw to cut 17.5mm deep, then cut on waste side of lines. Follow with a series of parallel cuts in-between to assist with waste removal.

STEP 2 Remove waste by tapping with hammer. Using chisel with bevel down, remove remaining waste.

STEP 3 Smooth base of housing by paring with chisel, using it bevel face up. Cut all housings, then test-fit joints and adjust, if necessary.

STEP 4 Apply PVA to joints and assemble components. Check frames are square. Screw together using 30mm screws.

STEP 5 To join the 2 assemblies, measure 90mm in from right-hand side of the assembly with long legs. Screw 65mm brass hinges to frame so they are square to rail.

STEP 6 Bring in other assembly and tilt it back to thickness of hinge barrel or a little bit less. This makes it easier to screw on. Mark with a pilot bit, then screw on.

To make mounting and tabletop

STEP 7 Using power saw along straightedge, cut mounting upturn and mounting top, as well as folding top, to length using full width of 900mm laminated pine. Glue and screw mounting upturn to back of mounting top.

STEP 8 Thoroughly sand all components, then paint with 2 coats of Cabot's Stain and Varnish in Marita Grey, allowing to dry after each coat. To achieve a deeper colour while still allowing wood grain to show through, apply more coats.

STEP 9 When dry, place folding top and mounting assembly facedown on drop sheet on work surface and join using 100mm brass hinges, spacing them 65mm in from each side.

Table installation

STEP 10 Centre long-legged side of hinged leg assembly between sides of mounting assembly, 45mm forward from back of upstand. Predrill and

steps

Fold-up table



STEP 11



STEP 12

counterbore so screws only have to go through 30mm of long rail. Before screwing on, check that hinged leg just clears hinge. If not, slightly adjust leg assembly, then screw.

STEP 11 Open gate leg so its sharp point is exactly 450mm from each side, then screw stop block to outside of leg rail.

STEP 12 Bring whole assembly into room and screw upstand of wall mount to window architrave, or into studs in wall.



FLAT-PACK CABINETS

Knowing how to get started can be overwhelming, so it's a good idea to draw up a scale plan and design your new kitchen space using the dimensions of flat-pack components. To make your job easier, ask for a product catalogue or go online to your chosen supplier's website for the best available information. We chose to go with Kaboodle (available at bunningswarehouse.com.au) with kaboodle.com.au proving to be a great resource for planning, assembling and installing a kitchen. You'll most likely need a combination of base- and wall-cabinets, end-, side- and filler-panels, pantries, drawers, doors, benchtops and hardware – plus, consider your services and appliances. Once you know what components you need, you can take your shopping list and purchase the lot in one go.

STEP 1 Sort through and assemble your packs. When storage space is at a minimum, build them in the reverse order you will install them so the units you need first are at

the front of the stack. In this instance, we started with a wall cabinet: screw top and bottom to the back of the cabinets. Using screws supplied, make sure the side with countersunk holes faces out.

STEP 2 Add the sides with the wall lug and hinge holes facing in and the hinge holes facing the front.

STEP 3 Screw the hinges to the door in the housing provided, then add the wall-hinge wall plates to the sides of the cabinet.

STEP 4 Clip the doors to the cabinets, then use the adjusting screws to align the doors so they close properly, tops and bottoms are aligned, and that gaps between doors are parallel top to bottom.

STEP 5 Build the remainder of the wall and then base cabinets in the same way. Floor-standing units (base cabinets) feature adjustable legs. Screw the fixing blocks to the underside of the cabinets before fitting doors and drawers.

steps

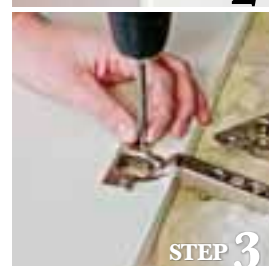
Flat-pack cabinets



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5

steps

Flat-pack cabinets



STEP 6



STEP 7



STEP 8



STEP 10



STEP 14



STEP 15



STEP 16

STEP 6 Most drawer cabinets have standard runners, but for a little extra you can replace them with soft-close runners. Separate the drawer and cabinet components then screw them in place, aligning the front of the runners with drawer fronts and the cabinet components with front edge of the cabinet. Then feed drawers into cabinet. Add the drawer faces and handles, checking that they are properly aligned. You may wish to test-fit and then leave drawers out of cabinets until the very end.

STEP 7 Bring an assembly of base cabinets together, then clamp and screw them together as a block. Ensure top and face of cabinets are properly aligned.

STEP 8 Working with a joined block of base cabinets at a time, check for level using a spirit level. If not, twist the adjustable legs to make corrections to the height and recheck for level. Continue with other blocks of base cabinets. Install a pantry individually, checking for level and screwing off to a wall.

STEP 9 On the end of a return counter in a U-shaped kitchen, reinforce the end cabinet with a bracket to the floor in an inconspicuous area. In this instance, a narrow end cabinet for wine on the outside of the dishwasher was secured to the floor and to the benchtop for added rigidity.

STEP 10 Once all your base cabinets are ready to go, bring in countertops. Holes for your sink or stovetop can be cut in advance, using the cutting templates provided with each. Countertops can be scribed and cut to suit walls not perfectly flat and can be pre-joined (see your product information guide). Secure your countertops (here, laminate) from the underside with screws through cabinet or using small L-brackets.

STEP 11 Wall cabinets can be installed 1 at a time. You may find it easier to fix a temporary batten to the wall, level with the base line of the wall cabinets, and use this to rest your wall cabinets on as you screw each cabinet to your walls. Once all wall cabinets are in place the batten can be removed and, in this instance, screw holes will be tiled over later.

STEP 12 Bring in your kickplates. Again, kickplates can be scribed and trimmed to suit. Secure kickplates by clicking them in place to legs (if this feature is available), or cut them for a tight fit and gently tap them in place.

STEP 13 On a waterproofed surface, you can begin tiling a splashback. It's a good idea to use a notch trowel and spread the mortar adhesive in a horizontal direction – this is not crucial, but provides further protection from problems with damp later on in your kitchen's life.

STEP 14 Starting along the top edge of a countertop, press tiles in position, keeping them level and separated by tile spacers. Continue for all of splashback. Pre-trim tiles where necessary. Leave to dry.

STEP 15 Prepare your grout, then use a trowel or grout squeegee to apply grout, forcing grout into spaces between tiles.

STEP 16 When all spaces have been grouted, wipe away residual grout with a damp sponge. Keep a bucket of water nearby to refresh the sponge. Let dry.

STEP 17 Seal gaps where necessary and let sealant dry.

STEP 18 Have a licensed professional install plumbing and electrical appliances.

TABLET/IPAD STAND

Search, swipe and scroll your way through digital recipes with the aid of a timber stand for your tablet. To make, buy the perfect-sized chopping board (ours was only a few dollars from a discount store) and simply modify it by adding an L-shaped lip made from lengths of 42 x 18mm pine, predrilled, glued and screwed in position with button screws from the back of board. So it sits upright, add a stand to the back (ours was 42 x 18 x 190mm pine). Test-fit for the perfect reclining angle, then fix stand in place with a hinge and small screws. Lightly sand the lot and coat in a grey-look stain and varnish – here Cabot's Stain & Varnish in Marita Grey. Let dry.



Tip Stick a pair of rubber bumps along the bottom edge of the board to prevent it from sliding



SALT AND PEPPER SHAKER/GRINDER ON TABLE

A matching pair! To customise a set of timber salt and pepper servers, use fine-grit sandpaper to lightly sand, then paint in primer, followed by two coats of Dulux Beatnik (we used a test pot). Allow time to dry after each coat, then apply a clear varnish to protect. Set aside to dry.



FRONT OF BENCH SHELVES

Open shelving is a terrific way to make your dinnerware easily accessible to a nearby dining area, display fabulous collections of kitchenalia or, when kids are about, stack your cookbooks! This one is a simple pine frame with long shelves and vertical dividers, glued and screwed together. Resting on the step, this example gives a floating appearance.

STOCKISTS

Project supplies: Power tools, **Bosch Australia 1300 307 044, bosch.com.au** Pendant lights with glass shades, **Brilliant Lighting (03) 9765 2555, brilliantlighting.com.au** Pine framing timber. 10mm recessed edge plasterboard. Jointing tape. Joint compound. Flooring adhesive. 3mm plywood sheets. Flooring adhesive. Gerflor Lamé Vinyl planks in Blacktech. Lamilay Gold underlay. Tarkett Polaris 8mm Laminate Flooring in Dark Mist Walnut. 70mm skirting. 19 x 19mm aluminium angle. 70 x 35mm pine. 1800 x 900 x 30mm laminated pine panel. 65mm and 100mm brass hinges. Blanco Livit 45 kitchen sink, \$249. Blanco kitchen sink drainer, \$149. Blanco kitchen sink colander, \$159. Windowware Escreen roller blinds (used in sunroom). Everdure oven OBES66; cooktop CBGS61; rangehood RBES63; dishwasher DWF146PS. Caroma Saracón mixer tap, **Bunnings Warehouse (03) 8831 9777, bunnings.com.au** Stain & Varnish in Marita Grey, **Cabot's cabots.com.au** Rubbish removal, **DATS Skip Bins 1300 654 334 1** Step Primer, Sealer & Undercoat. Sample pot in Beatnik (green). Wash & Wear Low Sheen in Vivid White, **Dulux 13 25 25, dulux.com.au** Benchtops 1200mm x 600 x 38mm; 2400mm x 600 x 38mm and 2400 x 900 x 38mm in Pepper Leaf. All kitchen cabinets, doors and hardware components, **Kaboodle (available at Bunnings Warehouse (03) 8831 9777, bunnings.com.au)**

Shopping details: Jute hall runner in Midnight, \$249, **Aura by Tracie Ellis (03) 9552 6090, aurahome.com.au** Napoli slat box in Green, \$10.95. Classic pitcher in White, \$12.95. Carafe with handle in White, \$19.95. Ceramic cuisine dish in White, \$8.95. Napoli olive dish in Green, \$4.95. Linea round bowl 27cm, \$44.95, **Bed Bath N' Table bedbathntable.com.au** Fresh potted herbs, from \$6.63/each. Glazed indoor plant pot in White, \$6.98, **Bunnings Warehouse (03) 8831 9777, bunnings.com.au** Tam medium bowl in Black, \$12.95. Dana bowl in Grey, \$12.95. Maki placemats, \$12.95. Tio highball glass, \$6.95. Tio glass jug, \$19.95, **Country Road 1800 801 911, countryroad.com.au** Shoppe Compote stand in White, \$39.95. Donna Hay mixing bowl, large \$59.95. Donna Hay Modern Classic jug, \$79.95. Orla Kiely beaker in Olive, \$7.95. Orla Kiely Giant Pear salad bowl, \$39.95, **Domayne 1800 366 296, domayne.com.au** Trivsam serving bowls in White, \$14.99 each. Trivsam gravy jug in White, \$4.99. Diod drinking glasses in Dark Green, \$4.99 each, **IKEA: NSW – (02) 8020 6641, Qld – (07) 3340 2000, Vic – (03) 8416 5000, ikea.com.au** Chef Major Titanium mega pack (only mixer shown), \$1599, **Kenwood 1800 126 659, kenwood-australia.com** Flax vase in Grey, \$39. Flax jug (no handle) in Grey, \$19. Flax dish in Grey, \$12.50. Flax tapas dish in Light Grey, \$18. Retro coffee jar, \$16.95. Retro sugar jar, \$19, **Loft Furniture (02) 9326 6588, loftfurniture.com.au** Flowers, **Poho pohoflowers.com.au** Replica Charles Eames dining chairs with steel legs in Green, \$55 each, **Replica Furniture 1300 338 978, replicafurniture.com.au** Lily pourer, \$8.95. Latte bottle medium 500ml, \$5.95. Latte large bottle 1lt, \$9.95. Emma jug medium, \$4.50. Lily shallow bowl, \$21.95. Lily round platter, \$49.95, **Table Top Trends (02) 8097 9366, tabletoptrends.com.au** Falcon enamel jug in White, \$46. Basket with Black stripe (used for plant), \$52. Small wash bowl in Green, \$22. Large wash bowl in Green, \$54, **Vicino Fratelli Fresh (02) 9698 7166, fratellifresh.com.au**

As seen on TV only: Cactus pot ornaments, \$8.95 each, **Bed Bath N' Table bedbathntable.com.au** Countour Artisan Stand Mixer in Silver, \$779. Countour Artisan Kettle in Silver, \$199, **KitchenAid 1800 990 990, kitchenaid.com.au**